

## Mood Diary

Writing our feelings down helps us manage them. So here is a little template of a mood diary, where you can keep track of how you feel each day. You can print this out or use a notebook.

This table just gives you an idea about the types of things that can be helpful to write down:

DAY	What has been good today?	What has worried me today?	How I feel on a scale of 1-10: <i>(1=very sad 10=very happy)</i>	What would help me feel better?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				